

Calmcubs — Concept Poster

Print this and pin it up — an at-a-glance map of the Calmcubs cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.

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Meet the cast — and what each one teaches

Character	What they carry
Cozy	Pick the right tool (hero) — a bear cub who helps you choose a calm-down tool when a feeling gets big.
Breeze	Breathing — a sloth who breathes slow so you can breathe along and calm your body.
Squish	Squeeze and let go — an octopus who tightens then relaxes, loosening tight, tense feelings.
Mellow	Pause and settle — a koala who goes still and counts down before deciding what to do.

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